

**DEPARTMENT OF DEVELOPMENTAL SERVICES**

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**DEPARTMENT OF DEVELOPMENTAL SERVICES ANNOUNCES WELLNESS  
PROJECT GRANTS FOR REGIONAL CENTERS****FOR IMMEDIATE RELEASE**

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**SACRAMENTO** – The Department of Developmental Services (DDS) has announced awards totaling nearly \$1 million for special projects to enhance health services for persons with developmental disabilities. Seven regional centers for persons with developmental disabilities will receive nearly \$1,000,000 for 10 projects focusing on obesity and disease prevention, health education, dental care, and support for families affected by autism.

“Improving health care is a priority for our department,” said Cliff Allenby, Director of the Department of Developmental Services. “The Wellness Projects continue to contribute to the health and well-being of persons with developmental disabilities statewide.”

Since 1996-97, more than \$4 million has been allocated to regional centers for wellness projects to enhance health care for persons with developmental disabilities. Previous projects have focused on abuse prevention, training for healthcare providers, mental health care access, and other health care issues.

The projects are part of a statewide Wellness Initiative launched in 1996 by DDS in response to concerns that persons with developmental disabilities are not always able to access timely and appropriate medical, dental and mental health services. The Wellness Initiative improves health services and health outcomes by promoting partnerships between professionals, expanding professional expertise and developing local resources.

DDS contracts with 21 private, non-profit corporations called regional centers to provide services for persons with developmental disabilities, which include mental retardation, cerebral palsy, epilepsy, autism and other disabling conditions closely related to mental retardation.

**"Building Partnerships, Supporting Choices"**

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### **2004-2005 DDS WELLNESS INITIATIVE PROJECTS** **DEPARTMENT OF DEVELOPMENTAL SERVICES**

#### **Frank D. Lanterman Regional Center, LOS ANGELES:**

- *Get Fit, Not Fat* is a collaborative project with Harbor Regional Center, in Torrance. The project will develop and implement an educational program for consumers and program staff focused on exercise and nutrition; implement structured exercise programs; provide hands-on educational sessions; implement regular peer support programs; and organize a competition between consumers of the two different regional centers. TOTAL AWARDED: \$333,239.

#### **North Bay Regional Center, NAPA:**

- *Pediatric Dental Initiative of the North Coast (PDI)* will increase access to sedated hospital dentistry services to patients with developmental disabilities by identifying needed equipment and launching a referral process. A dental surgery center will provide dental services. TOTAL AWARDED: \$50,000.
- *Collaborative Autism Training & Support (CATS)* project will train professionals to provide services to children diagnosed with autism & their families through a self-sustaining, collaborative program with a replicable curriculum development process that will: document service needs, support consumers and families, and train students, professionals, paraprofessionals, parents, and service providers. TOTAL AWARDED: \$80,705.
- *Forensic Conference Part II* will allow professional staff to meet, research, and develop an outline of curriculum and review potential speakers for the upcoming Statewide Forensic Conference, which aims to yield pertinent tools and riveting results in the areas of mortality mitigation and risk management. TOTAL AWARDED: \$24,574.

#### **Regional Center of the East Bay, OAKLAND:**

- *Enhancing Wellness Through Adult Day Services & Health Education* project will be a collaborative effort between RCEB & Adult Day Services Network of Alameda County. The project will enroll 30 consumers into day services centers and provide on-site nurse educator training to 10 residential care facilities. TOTAL AWARDED: \$69,603.

#### **San Diego Regional Center, SAN DIEGO:**

- *Stepping Out* project will be a collaborative effort between SDRC, day programs, and self-advocacy groups to provide training for consumers on physical activity, nutrition, and weight control. TOTAL AWARDED: \$74,424.
- *Enhancing the Health of People with Developmental Disabilities* project will provide residential, independent living, supported living, and day program service providers with training and support in the early identification of illness or changes in health status and in how to obtain appropriate medical treatment. TOTAL AWARDED: \$124,281.

**San Gabriel/Pomona Regional Center, POMONA:**

- *Nutrition & Fitness Education Program* will develop a nutrition and fitness program for consumers who have children and their families. A training curriculum will be produced and training will be provided to persons with developmental disabilities identified as being at risk for developing illnesses. TOTAL AWARDED: \$46,620.

**Tri-Counties Regional Center, SANTA BARBARA:**

- *Health Training Series* will develop resources for regional centers so that they may implement a Health Training Series for consumers, families, and providers to: promote healthcare; increase the number of health professionals providing quality care to consumers; increase awareness of diabetes prevention, nutrition, and weight reduction; increase self health advocacy; enhance the skills and knowledge of staff and families to recognize changes in health status and assist them in finding care; improve health / services documentation; and create ongoing opportunities for consumers and those who support them to improve interaction with regional center staff and experts on health issues. TOTAL AWARDED \$50,000.

**Westside Regional Center, CULVER CITY:**

- *Health and Fitness Lifestyle* project will enroll consumers identified through the Diabetes Identification & Assessment Project in the Lifestyle Change Program, designed to promote weight loss, increase physical activity, & decrease the risks of diabetes and complications and; identify all consumers within the study population receiving anti-psychotic medications and ascertain if appropriate weight gain and diabetes screening is occurring. TOTAL AWARDED: \$128,604.

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